

# TYPES OF SELF-CARE

*Through domains of wellness: Each domain offers opportunities for self-care.*

## Intellectual:

Read a book; try something new; teach someone how to do something you enjoy

## Spiritual:

Take time for self-reflection; spend time in nature; find spiritual community; meditate; dance; pray; take yoga; volunteer to help others; foster self-forgiveness

## Physical:

Get enough sleep; exercise; eat healthy; take a walk; dance; turn off your cell phone and pay attention to the physical sensations you experience; enjoy a cup of tea; listen to music

## Career/Financial:

Save money for the future; practice a skill that might help you in your chosen career; reflect on what activities give you a sense of purpose and then do that

## Socio-Cultural:

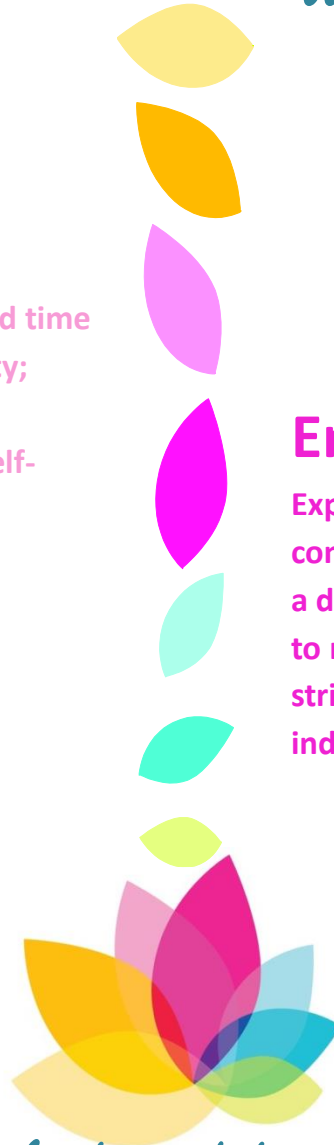
Learn to say no; spend time with people who make you feel good; model healthy, respectful interpersonal relationships; stand up for yourself and for others around you; volunteer for a social justice cause

## Emotional:

Express how you feel; laugh; play; practice self-compassion; journal; cuddle with a pet; engage in a daily gratitude practice; affirmations; take time to reflect and notice how you're feeling; work to strike a balance between interdependency and independence

## Environmental:

Go into nature; feel your feet on the grass; watch the sunset; volunteer to pick up trash



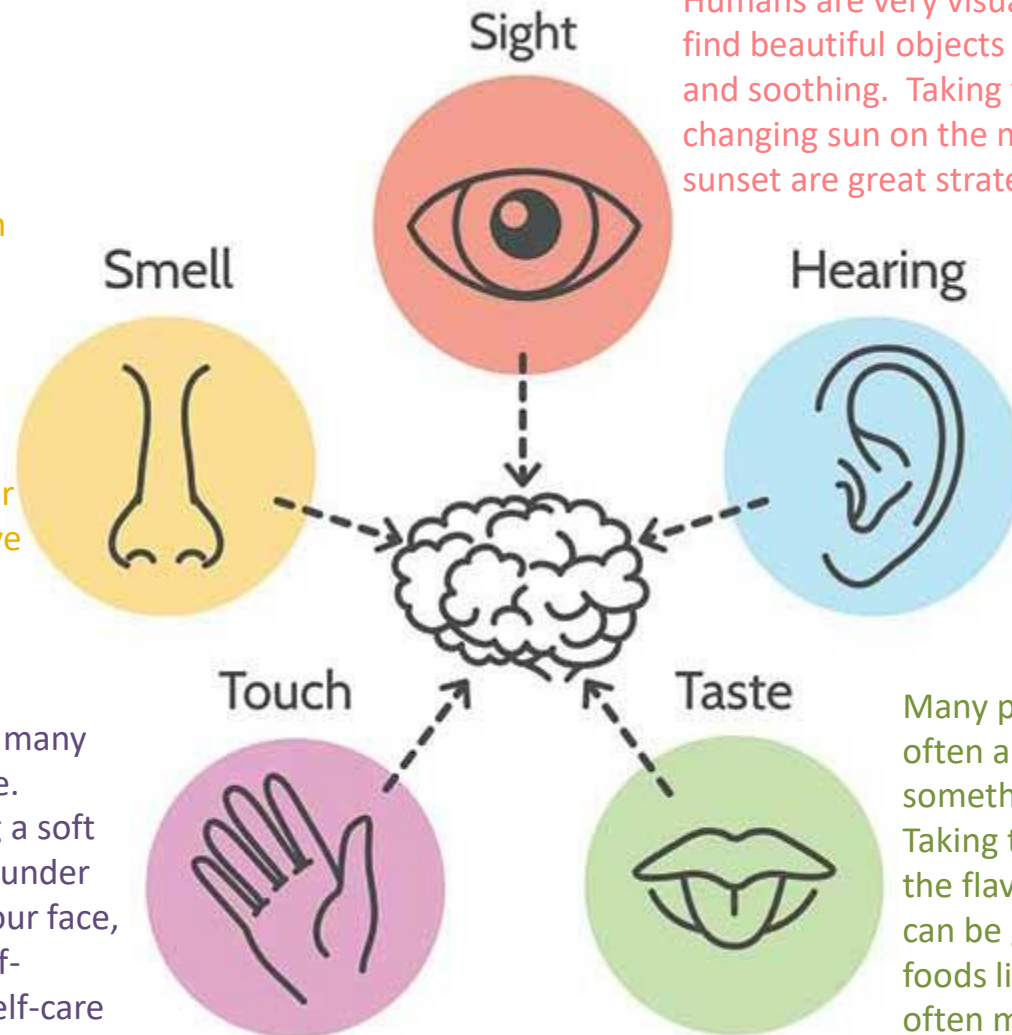
*Life events, actions, and skills developed in each domain impacts our wellness in other domains.*

# TYPES OF SELF-CARE

*Through the Senses: focus on the sensations you experience*

The thought of pleasant fragrances may be enough to make us a bit more cheerful, but the actual smell can have dramatic effects in improving our mood and sense of well-being. Scents like lavender and peppermint often have relaxing effects.

The sense of touch offers many opportunities for self-care. Examples include rubbing a soft blanket, feeling the grass under your feet or the sun on your face, or getting a massage. Self-massage can be a great self-care strategy.



Humans are very visual creatures and we often find beautiful objects or landscapes grounding and soothing. Taking the time to notice the changing sun on the mountain, enjoy a beautiful sunset are great strategies for self-care.

As often quoted, “music has charms to calm the savage beast,” and many people use music as a self-care strategy. Most of us also recognize other sounds we find soothing, like wind rustling leaves, or water trickling down a stream.

Many people enjoy food, but we often approach eating as something we don’t have time for. Taking the time to really notice the flavors and textures of food can be great self-care. Certain foods like dark chocolate also often make people feel better because it increases serotonin and endorphin levels in the brain.